

V.S.R & N.V.R COLLEGE, TENALI

Autonomous

NAAC 'B'



BEST PRACTICE -1: Learn a plant every month

Action plan: The medicinal plants are collected by students and displayed on the notices board. All the students and staff will observe that medicinal plants and they gain knowledge about the plant. In this way the medicinal plant are pressed and prepared a herbarium preserved in the herbarium rack.

S.No	Month	Name of the plant	Importance
1	JUNE	Azadirachta indica	It is very useful in blood disorders, consumption ,eye disorders skin disorders ulcers and wounds
2	JULY	Annona Squamosa	Ripe fruit bruised and mixed with salt is applied to malignant tumors.
3	AUGUST	Boerhaavia diffusa	Decoction of roots is used as diuretic, laxative, asthma , jaundice , anemia
4	SEPTEMBER	Cassia absus	The leaves are bitter and are used as astringent , remedy for cough . seeds are used in ring worm and other skin diseases
5	OCTOBER	Cinnamomum tamala	It is used in anorexia, bladder disorders, dryness of mouth
6	NOVEMBER	Croton Oblongifolius	Bark used in external applications for sprains and internally useful in liver discases. Bark, root, fruit, and seeds are purgative and also given in snakebite.
7	DECEMBER	Cyperus Rotundus	Infusions of the tubers are useful in fever, diarrhoea. Dysentery, dyspepsia, vomiting, and cholera. Fresh tubers in the form of paste are applied to the breast as a galactagogue.
8	JANUARY	Daucus carota	Carrots clean the blood and are recommended in chronic diarrhea. A decoction of carrot is useful in jaundice
9	FEBRUARY	Piper nigrum	It is locally used for bolis, relaxed sore throat, and piles paralytic rheumatics' pain. Headache, prolapsed rectum.
10	MARCH	Saraca indica	Asoka bark is very useful in uterine affections, especially in menorrhagia. Bark is useful in internal bleeding, and also hemorrhagic dysentery.



BEST PRACTICE -2

INTEGRATED DEVELOPMENT OF STUDENTS BY ACTIVITIES

By means of

- 1.Helping Hand[Cheyutha]
- 2.Reducce hunger[handful of Rice]
- 4.Distribution of Food, Masks
- 5.Awareness about wastage of Water
- 6.Awareness about AIDS -Ralley
- 7 Guidance and counselling of students to become a perfect human
8. Drive for all the Teaching ,Non teaching staff and students
9. Awareness about museum and labs
- 10.Helping the farmers by soil testing and water analysis

HELPING HAND-CHEYUTHA--

---There are people who can't afford to live, no place to live, have no food to eat and have no clothes to wear Being poor does not make them a different people or unwanted.

Giving a helping hand to a needy one is not only a responsible an act of humanity that we can show towards others.

To inoculate this helping, caring nature and loving thy neighbour in our students and to serve the needy people in our society with a catchphrase "PRADINCHE PEDAVULUKANNA SAHAYAMCHESE CHETHULU MINNA "Our college conducted "CHEYUTHA" programme with

our Management, Principal, Teaching , Non teaching staff and students extended their helping hands towards the needy people in the society by donating their clothes [jeans, shirts, arees, blouses, frocks, chudidars etc]bed sheets, woollen coats, utensils, shoes, handbags and purses. Cheyutha program conducted in our college to help our needy students and conducted at Sai Baba temple centre and in slum areas in Ithanagar, Tenali



A Handful of rice:

The aim of this program is to help the needy, Rice is the stable food of this Tenali area, Instead of giving money to poor and needy we started this Program in our college every Thursday. Students, staff and non teaching will bring handful of rice and pour in a Sac. Every month 4th Saturday the organization Rivers of life will come and collect this rice.



Food distribution by NCC Cadets:

Food for the poor provides---nourishment to the poor helps their quality-With this object our NCCC Cadets distributed food packets .Without a sustainable source of income at a sufficient level, children and families don't have access to basic food. Our NCC Cadets are initiated in supporting the people suffering from hunger and starvation.



Distribution of MASKS by NCC CADETS

Awareness about the “wastage of water”

Our NCC Cadets under the leadership of Sri.A.Anil Kumar, officer and lecturer in Chemistry organized an awareness programme on Awareness about wastage of water in Somasundarapalem in Tenali streets. With small steps we can avoid water wastage. Turn off taps while brushing teeth, limit the use of water for washing clothes and dishes.



Guidance and counselling of students to become a perfect human:

Guidance and counselling are important for children, and schools have a huge role in bringing out the best in children. Good conduct is coveted, but sometimes young minds need guidance to polish their personality. Through counselling, children are given advice on how to manage and deal with emotional conflict and personal problems. Proper counselling will help incorporate valuable lessons in their daily life. Some sessions should involve career guidance, where the students are advised on the selection of courses and different career paths. It's important to prepare them for life after college and what to expect in the different fields they might opt for.

Along with academic and career development, social and personal development is also important. Students need to acquire knowledge, attitudes and interpersonal skills to set their own goals, make their own decision and take necessary decisions to achieve those goals. Students need to also know how to be a good human being



Organized Vaccination Drive for all the Teaching, Non teaching staff and students:



Ralley -AIDS Awareness:

Every year, on 1 December, the world commemorates World AIDS with and affected by HIV and to remember those who lost their Day. People around the world unite to show support for people living lives to AIDS.

Students and staff members of VSR & NVR College, Tenali, organised a rally to make public aware of HIV/AIDS, drug abuse and voluntary blood donation under Red Ribbon Club here today. The campaign was flagged off by the management, principal, staff and members of the Red Ribbon Club of the college.. HIV caused AIDS and interfered with the body's ability to fight infection. If detected early, a regular consultation and proper treatment help in fighting infection and allows a patient to live long.



HELPING THE FARMERS BY SOIL TESTING ANALYSIS:

Soil testing analysis helps farmers understand their soil types and nutrient deficiency, it helps to minimise the quantity and different fertilisers, and it becomes cost-benefit to peasants. A soil test in the laboratory done by Chemistry students of VSR&NVR College, Tenali helps the farmers by giving the results.



Helping to school children:

Near by school children visited our college to get knowledge about the museum in Zoology. The staff of our college explanted the specimens, skeleton of human body, Birds etc.

